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HANDY BOOK**

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1927.

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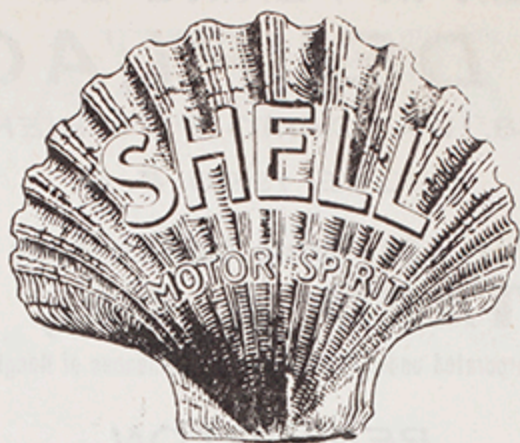
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This book is dedicated in loving
appreciation of Mrs. R. C. BOWDEN
who gave of her interest and zeal in
its preparation.

TIENTSIN HANDY BOOK

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TIENTSIN WOMAN'S CLUB.

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TIENTSIN.

1927.

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INTRODUCTION

If you would be successful in the preparation of food, you must be accurate in measurements.

All recipes in this book are according to uniform measurements.

Unless mentioned spoon and cup measurements are level.

The cup is equal to $\frac{1}{2}$ pint. We have used the following abbreviations.

C means cupful.

T „ Tablespoon.

t „ teaspoon.

Weight and Measure Equivalents.

1	tablespoon (liquid)	- - -	equals 1 ounce
2	tablespoons fat or sugar	- - „	1 „
4	tablespoons flour	- - - „	1 „
2	cups fat or sugar (granulated)	- „	1 pound
2 $\frac{1}{2}$	cups powdered sugar	- - - „	1 „
2 $\frac{2}{3}$	cups brown sugar	- - - „	1 „
2	cups chopped meat	- - - „	1 „
4	cups flour	- - - - - „	1 „
1	catty	- - - - - „	1 $\frac{1}{2}$ „

INTRODUCTION

If you would be successful in the preparation of food, you must be accurate in measurements. All recipes in this book are according to uniform measurements.

Unless mentioned upon and cup measurements are level.

“Good administration is as valuable in the home, where the family income is spent, as in the business or profession where the family income is made.”



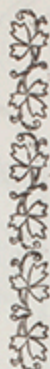
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RAYMOND CALKINS

MILK, CREAM AND OTHER SOUPS

Cream of Peanut Soup

Dissolve 2 heaping t of peanut butter in 1 C of hot water. When smooth add 2 C evaporated cream (diluted if you do not wish it too rich), 1 heaping t cornflour mixed with a cup of water, 1 t salt, 2 t minced onion and a dash of cayenne. Cook 5 minutes. Beat with an egg beater until frothy. Strain and serve very hot.

Mrs. E. K. Lowry

Puree of Green Peas

1 pint of shelled peas (2 lbs.)	1 quart water	1 pint milk
1 T cornstarch	1 T butter	1 t salt
$\frac{1}{2}$ t sugar	$\frac{1}{4}$ saltspoon white pepper	

Bring water to a boil, put in peas and boil until soft; pour through a sieve rubbing with a wooden spoon. Put back in saucepan, add milk, butter and seasoning, allow it to come to a boil, add cornstarch smoothed in milk; cook 2 or 3 minutes and serve

Mrs. Thomas Lake Miller

Mushroom Soup

$\frac{1}{4}$ pound mushrooms	1 T butter	1 slice onion	Salt
1 pint water	1 quart highly seasoned cream sauce		
1 C tomato soup or puree	pinch soda		

Save out three mushrooms peel them, chop, and cook five minutes in the butter. Run the others, after washing them, through the meat chopper together with the onion and the skins of the reserved mushrooms, and simmer in one pint of salted water for one hour. Press out every bit of the juice and add to the hot cream sauce. Just before serving add the reserved mushrooms and the tomato soup or puree to which a tiny pinch of soda is added at the last minute. Whip with egg beater and serve with toast strips. Tomato may be omitted and more cream sauce added.

Time in cooking, $1\frac{1}{4}$ hours.

Tomato Soup

1 quart can tomatoes	1 pint water	1 T sugar	1 t salt
4 cloves	4 peppercorns or 1 saltspoon white pepper		
1 T butter	1 T chopped onion		
1 t chopped parsley	1 T cornstarch		

Put tomatoes, water, sugar, salt, cloves and pepper on to boil in porcelain stew pan. Put butter in small saucepan and when it bubbles put in onion and parsley, fry five minutes being careful not to burn it, add cornstarch, and when well mixed stir it into the tomato.

Let it simmer ten minutes, add more salt and pepper if needed. Strain and serve with plain boiled rice or toasted crackers.

Peanut Soup

$\frac{1}{2}$ C roasted peanuts, shell, grind and cook for 10 minutes in a little butter. Pour into the stock.

Potato Soup

1 lb. potatoes, 2 onions, $\frac{1}{2}$ pint milk, 1 pint water, 1 oz. fat or butter, $\frac{1}{2}$ oz. sago, salt and pepper. Peel and cut the potatoes into slices, chop the onions, melt the fat in a sauce-pan add potatoes and onions and cook for 5 minutes with the lid on, add the water and boil gently till reduced to a pulp, add the washed sago and the milk, cook till the sago is transparent, season and serve. Enough for three or four people.

Almond Soup

3 oz. sweet almonds, 6 bitter almonds, 1 head of celery, $1\frac{1}{2}$ pints of white stock, $\frac{1}{2}$ pint milk, 1 gill cream, 1 small onion, 1 oz. butter, 1 oz. flour, salt and pepper. Blanch and pound the almonds, put on to boil with the cut-up celery and onion in the stock, simmer gently for one hour, rub through a sieve, cook the butter and flour together, add the puree and the milk, bring to a boil, stirring all the time, add the seasoning, put the cream in the Turcon, pour the soup over, stirring and serve. Enough for four people.

White Sauce

Three kinds of White Sauce are generally used Thin is used for scooped dishes, cream soups, milk toast. Medium is used for creamed vegetables, and fish. Thick is used for making croquettes and souffles.

For Thin white sauce, use

1 l' flour

2 T butter

1 C milk

For Medium White sauce use

2 T flour

2 T butter

1 C milk

For Thick white sauce use

4 T flour

3 T butter

1 C milk

Peanut Soup

$\frac{1}{2}$ C ground peanuts, or peanut butter	1 small onion
4 C milk	1 t cornstarch
salt and pepper	1 T butter

Cheese Soup

$\frac{1}{4}$ lb. soft cheese	1 t butter	1 t Worstershire sauce
1 t onion juice	1 qt. (4 cups) milk	1 t flour
2 yolks eggs	$\frac{1}{2}$ t salt	cayenne pepper

Put milk in double boiler, add cheese pepper, salt, onion juice, and Worstershire sauce. Rub together butter and flour, with a little cold milk. Add this to the milk, and stir until thick and smooth. Beat egg yolks, and add a little cold milk. Put this into a tureen, pour over it the hot soup, and serve.

This soup can be poured over slices of dry toast and served as a luncheon dish.

Mrs. R. S. Hall

Veal Soup

2 T butter	3 T flour	6-8 C stock of veal
------------	-----------	---------------------

Melt butter add flour, then stock gradually. Boil slowly for 10 minutes. Remove from fire.

In the soup may be served boiled vegetables and flour balls or apples and prunes. Salt according to taste.

Flour Balls for Veal Soup

2 T butter	$3\frac{1}{2}$ T flour	a good $\frac{1}{2}$ C boiling water
2 eggs	1 t salt	1 t sugar
$\frac{1}{2}$ t nutmeg,		

Boil water and butter, stir in flour, boil up once more. Remove from fire, when it no longer sticks to saucepan. When cold add eggs, one at a time, then, the spices. Form with teaspoon into small balls and boil for 5 minutes in salted boiling water or stock. NO COVER on pan.

Mrs. S. Eliassen

Cabbage Soup, Brown

3 T butter 1½ t sugar 1 small cabbage 10 C stock

Brown butter, add sugar and cabbage cut into strips, let simmer till cabbage is soft. When cabbage is light brown add stock gradually and boil till cabbage is well done. Vegetables boiled in the soup may be served in it.

Fruitjuice Soup

8 C water 2 C fruit juice 2 T sago flour
Sugar to taste 1 C jam.

Mix juice and water, flour and sugar in enamel pan and stir over fire till it boils. Add sugar and jam.

This may be eaten cold or warm. Toasted rusks taste good with the soup. The soup is very good in the hot season.

Mrs. S. Eliassen

Tomato Soup

To 1 pt. tomatoes, or tomato juice, add 1½ pts. plain soup stock, 1 T chopped onion, ¼ bayleaf, 3 cloves and ¼ t celeryseed.

Mix well together, boil 20 minutes, strain and serve. If stock is not available, bouillon cubes or beef extract may be used, with the proper proportions of water.

Boullion

Cut into small pieces 4 lb. meat. Break 2 lb. bones into small pieces. Add two quarts of water and heat slowly. When hot, add 1 T salt, 4 peppercorns, 4 cloves, 1 T mixed herbs. Simmer for 5 hours. Boil down to 3 pints. Strain, cool, remove fat, season with salt and pepper, reheat and serve. One onion, one half a carrot and one half a turnip may be cooked with the boullion if desired.

Clear Tomato Soup

Cook one can of tomatoes with a pint of water, one slice of onion, 12 peppercorns, a bit of bayleaf, 4 cloves, 2 t sugar, 1 t salt, for 20 minutes. Strain and add $\frac{1}{8}$ t soda. Bind with 2 T butter and 3 T flour. Reheat and serve.

Mrs. P. H. Benedict

Preserve and treat food as you would your body, remembering that in time, food will be your body.

BENJ. W. RICHARASON

FISH-CHEESE-LUNCHEON DISHES.

Fish Chowder

4 onions, 3 potatoes, $\frac{1}{2}$ lb. of fish, 1 pt. milk, $\frac{1}{2}$ t butter, 1 t chopped parsley, $\frac{1}{4}$ t white pepper.

Peel and cut onions into thin slices, put into large saucepan, adding just enough boiling salted water to cover. Simmer gently until about half done (15 minutes). Add potatoes, peeled and cut into small cubes, and more boiling water to cover. Cook 10 minutes; add fish, flaked, and cook until fish is done. Add butter, milk, parsley, pepper, salt and cook fish for 5 minutes. This serves 4-6 persons.

Fish Hash

Take equal parts of cold flaked fish and cold boiled potatoes finely chopped. Season with salt and pepper. Try out fat salt pork or bacon, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes stir until heated, then cook until well browned underneath, fold, and turn like an omelet.

Mary Augusta Mullikin

Salmon Loaf 1.

Drain juice from one large can of salmon and shred, add one C of cracker crumbs, one egg well beaten, one t of salt, dash of pepper and enough milk to moisten well for baking. Press into well buttered casserole and bake until a good brown. Serve hot with plain cream sauce, or cold arranged with lettuce, or parsley. Garnish with thin slices of lemon.

Mrs. R. W. Mooney

Salmon Loaf 2.

- | | |
|------------------------------|--------------------------|
| 1 can red salmon with liquor | Salt and pepper to taste |
| 1 C bread crumbs | $\frac{1}{2}$ C milk |
| 2 eggs | 3 T melted butter |

Mix all together, butter steamer and boil one hour.

Mrs. H. H. Sergenian

Fish Sauce 1.

- 1 T flour
 1 T melted butter
 1 C milk. When this thickens add 2 T tomato catsup.

Fish Sauce 2.

- | | |
|-------------------|-------------------|
| 2 T butter | } thicken |
| 1 T flour | |
| 1 C boiling water | |
| 1 T chopped onion | } boil and strain |
| 1 bay leaf | |
| 1 T Vinegar | |

Put two parts together.

Mrs. H. H. Sergenian

Salmon Loaf 3.

- | | |
|------------------------------|---------------------|
| $\frac{1}{2}$ C bread crumbs | 1 can salmon |
| 3 eggs beaten light | 2 T melted butter |
| pepper salt to taste | dash of lemon juice |

Chop and pick the fish. Rub in the butter till smooth. Beat in bread crumbs eggs and seasoning. Put in buttered dish and steam 1 hour. Serve with hot mayonnaise sauce.

Mrs. E. Fischer

Pilaf with Tomato

4 C stock, 2 C rice, 4 T butter 2 ripe tomatoes or 4 T canned tomatoes.

Put butter in a deep vessel and let it melt, then add the rice, well-washed and drained and fry for about 10 minutes. Have stock boiling with the tomatoes in it and slowly add stock to the rice, season, and let boil slowly for 20 minutes, after which take the cover off vessel and place the vessel in a moderate oven for ten to fifteen minutes.

Spanish Beans

2 small C pink beans

Put on in half kettle of cold water to which is added a t of soda, and let boil for a few minutes. Pour off water and rinse the beans well.

Put the beans into a kettle that will shut tightly, and add 4 C of water. Add

1 C canned tomatoes

1 T crisco or lard

1 large onion

1 t sugar

1 green pepper

Chili powder if desired

Let cook about four hours. Add more water if needed.

Mrs. Robert McCann

Savory Rice

1 C rice, 4 C beef stock, $\frac{1}{2}$ C water, $\frac{3}{4}$ C walnut meats broken up, 1 T butter, 1 t celery salt, $\frac{1}{4}$ t curry powder, salt and pepper to taste.

Add the water to the stock, let it come to a boil, then add the rice well washed, and the nut meats; cook slowly until tender, then add the butter, celery salt and curry powder, and salt and pepper to taste. Butter a baking dish, pour in the rice mixture, dot the top with pieces of butter and bake in a moderate oven for 20 minutes.

Savory Rice Croquettes

1 C tomatoes, slice of onion, sprig parseley, 1 clove, small piece red pepper $\frac{1}{2}$ C stock or water, $\frac{1}{4}$ t salt, $\frac{1}{4}$ C grated cheese, $\frac{1}{2}$ T butter, Cook for 20 minutes. Put thru a sieve and add one cup cooked rice, mix well, and then add one egg well beaten. Shape into croquettes, egg, crumb, and fry in deep fat. The croquettes may be made hours in advance of the time to fry. They hold their form better if fried when cold.

Chicken Croquettes

To $1\frac{1}{2}$ C thick whitesauce (6 T flour, 4 T butter, $1\frac{1}{2}$ C milk) add 3 C cold chopped cooked chicken, $\frac{1}{4}$ t salt, $\frac{1}{2}$ t celery salt, speck cayenne pepper, 2 t lemon juice, and if desired, a few drops of onion juice. Mix well, set aside until very cold, then mold, egg, crumb and fry in deep fat.

Haricot or Butter Bean Roast

Butter beans, instead of soaking over night, pour boiling water on them, cover with plate, when the skin can be easily removed with the fingers.

2 breakfast C of wholemeal breadcrumbs,

2 ,, ,, butter beans or haricots,

1 large onion (stewed in butter),

4 oz. butter,

Bunch of sage, parsley thyme.

Put beans thru sieve after soaking and boiling. Chop onion. Chop herbs very finely. Mix all together. Mould mixture into long shape, roast slowly for $\frac{3}{4}$ hour with covering of greased paper. Baste well. Serve with apple sauce.

Mrs. A. P. Cullen

Baked Onions and Cheese

8 Spanish onions.

Pare and boil them in a little water. When cooked pour over them an ordinary white sauce. Sprinkle over this some grated cheese and few breadcrumbs. Put in oven for a few minutes to brown.

Mrs. A. P. Cullen

Cheese Pudding

4 slices buttered bread, cut in squares, (about an inch)

1 C dry yellow cheese, grated.

1 C milk

A little mustard and salt

Mix milk, eggs, mustard, salt and pour over layers of bread and cheese.

Let stand for 15 minutes before putting into the oven. Bake about 20 minutes.

Mrs. S. S. Richards

Minute Tapioca Cheese Omelet

2 t minute tapioca, $1\frac{1}{2}$ t butter or salad oil, 2 eggs. 1 C hot milk. $\frac{1}{2}$ t salt, $\frac{1}{8}$ t pepper or paprika, $\frac{1}{4}$ C cheese cut in small pieces.

Cook tapioca, salt, pepper, and cheese in hot milk 15 minutes, stirring often, add butter and yolks of eggs beaten light. Remove from fire, fold in stiffly beaten whites of eggs, put remaining butter in omelet pan, when it bubbles, pour in the mixture, gently shake to prevent sticking.

Bread and Cheese Custard

Take $\frac{1}{2}$ lb. of grated Cheddar cheese, $\frac{1}{2}$ lb. bread crumbs, 1 pint milk, 1 egg, pepper, and salt. Mix cheese, crumbs, pepper, and salt together, boil milk and pour over them, leave mixture to get cold and then beat the egg and stir it in. Put all in a deep dish, and bake to a good brown in a hot oven. Lay little pieces of butter on the top and serve very hot.

Tomato Savoury

$\frac{1}{2}$ oz. butter. 1 small onion (cut up very small)
 $\frac{1}{2}$ lb. tomatoes (cut up)

Simmer till tender, add 1 egg and stir till it thickens, then add 6 oz. grated cheese and 2 oz. breadcrumbs. Season to taste. Pour on buttered toast. Sufficient for 6 persons.

Mrs. A. P. Cullen

Macaroni

Break 4 oz. macaroni into short lengths and put into 4 times as much boiling water, into which has been put 1 t salt.

Let this boil for half an hour, drain, pour cold water over it, and let stand for 15 minutes.

1 T butter	1 T flour	4 T grated cheese
1 C milk	$\frac{1}{2}$ t salt	$\frac{1}{8}$ t cayenne pepper.

Put in a baking dish first a layer of sauce, then a layer of macaroni, and then the remainder of the sauce.

Sprinkle with grated cheese and grated breadcrumbs and pieces of butter. Reheat in the oven.

Mrs. C. E. Seymour

Nest Eggs

Cook spaghetti in salted water. On a platter coil the spaghetti to form nests and drop a poached egg in the center of each. Pour over all, tomato sauce.

1 C tomatoes, 1 T flour, 1 T butter, $\frac{1}{2}$ t salt, 1 C water or stock. Boil all together and strain.

Egg and Cheese Souffle

4 eggs	1 t salt	1 $\frac{1}{2}$ C milk
$\frac{1}{8}$ t pepper	$\frac{1}{2}$ C cheese	

Bake in cus'ard cups placed in pan of water for 20 minutes. Place on platter when done and cover with following sauce.

1 C tomatoes	1 t sugar	1 C milk
$\frac{1}{2}$ t salt	1 small onion	$\frac{1}{8}$ t pepper
2 T butter	1 T corn starch	

Mrs. Chas. Stanley

For Chafing Dish on Electric Hot Plate

Brown $\frac{1}{2}$ onion (chopped) with 2 T butter then add $\frac{1}{2}$ tin tomatoes, when thoroughly cooked add 1 C milk, 6 eggs beaten. Stir and keep it from becoming lumpy and add 1 T pimento salt to taste. 2 T grated cheese may be used if desired. Serve on hot buttered toast. 1 tin of corn or 1 tin of salmon may be used instead of the tomatoes. If the eggs do not thicken enough use 1 t of flour, first mixed with a little cold milk.

Mrs. Chas. Stanley

Cheese Scrappe

2 C milk	1 T corn starch
$\frac{1}{2}$ C grated cheese	$\frac{1}{2}$ t salt
8 young onions or a small amount of Spanish onions	
$\frac{1}{8}$ t pepper	$\frac{1}{8}$ t curry powder
Toast	

Heat the milk in the top of a double boiler. Add the corn starch dissolved in a little milk, stirring constantly. Chop the onions fine, using some of the green tops and add together with the cheese to the sauce. Then add the seasoning and pour it on the buttered toast.

Mrs. P. H. Benedict

Rinktam Ditty

Piece butter, size of egg	1 T cornstarch	1 C milk
1 C tomatoes or tomato soup	Worcester sauce	10 drops
1 whole onion	1 lb. cheese	
salt, pepper to taste	scant $\frac{1}{2}$ t soda in tomatoes	

Melt butter. Mix with ingredients. After thick, add cubed cheese.

Montauk Sandwiches

Butter slice of bread and on it lay a thin slice of American cheese with salt, mustard and pepper. On this place a slice of ripe tomato, and then a slice of bacon. Bake in the oven (hot) or broil until the bacon is crisp and the cheese melted.

Mrs. P. H. Benedict

"Things well done and with a care, exempt themselves from fear"

HOUSEHOLD HINTS

In China FLOUR should be sifted six times to give it the consistency of the flour we use for cakes and bread.

CHINESE CREAM OF WHEAT can be obtained in the Chinese grain stores, and has good food value, in addition to being much cheaper than the cream of wheat purchased in foreign shops.

CHINESE DATES (Honey dates) are of good food value.

CHINESE HONEY, (Mukden) is pure and is one of the best sweets for the diet of children.

CHINESE VINEGAR is of use for the first boiling of pickles.

MILLET bought in the Chinese grain shops proves a nutritious and palatable cereal food.

WHEAT ground and baked in the oven, makes delicious muffins and cereal.

Chinese PAO TZS, may be made light and easily digested by adding to the dough a little baking powder.

PEANUT OIL may be freed from the peanut taste by dropping a few cubes of raw pared potato into the heated oil, and cooking them until brown. The oil may be used for any deep fat frying.

TURKEYS or other birds about to be killed, should be given at tablespoon of brandy just before killing them. This makes the meat whiter and much more tender.

FRESH FRUIT dipped in boiled sugar and let dry, makes a pretty garnish for sweet dishes.

TO CUT NEW BREAD, first dip the knife into boiling water. Repeat when cool.

When a Chest of TEA has been opened tuck some flannel completely over the tea left in the chest. It preserves the flavour.

TO COVER JAMS, use soft tissue paper dipped in milk, put it over the jam at once, when the heat will dry it, making it like parchment.

Eggshells crushed into small pieces and shaken in water bottles, three parts filled with cold water, will not only CLEAN BOTTLES thoroly, but make them look like new.

TO CLEAN DECANTERS or WATER BOTTLES. Never use shot, for fear of lead poison. Use soapy water and fine sand. Shake decanter till glass is clean and rinse with fresh water and finally with spirits of wine.

A CANDLE may be made to fit any candlestick by dipping it in hot water.

If a BOOF or SHOE pinches in any one particular place a cloth wrung out of very hot water and laid over the place while the boot is on the foot, will expand the leather and give relief.

Chloride of lime is an infallible preventative of RATS. It should be put down their holes and spread about wherever they are likely to appear.

Scatter a mixture of borax and powdered sugar about the haunts of COCKROACHES, and they will disappear.

To keep away insects from BIRD CAGES suspend a small bag of sulphur inside the cage.

To add a spoonful of powdered charcoal to water in which FLOWERS are placed will make them last as long as they were on the plant, and without changing the water. The same results can be had by dissolving a small piece of camphor in the water.

Set inside furnace as soon as it is cleaned out for the summer a Pan of Lime. This prevents rust.

Dried orange peel allowed to smoulder on a piece of red hot iron will KILL ANY BAD SMELL and leave a pleasant one behind. This is especially nice in a sick room.

If damp, keep a box of unslaked lime in the corner of a CELLAR or underground room; It will absorb all moisture in the air, and help to keep the cellar sweet-smelling.

For the bites of MOSQUITOS or any other insects, apply pure glycerine. Just one drop will prevent irritation and heal the wound.

Did you ever think of covering the open fire-place against MOSQUITOES? A piece of screening also over chimney top helps to keep them out and also birds and bats if not flies. *Be sure to remove* the latter before using chimney again. Neglect of this

has been known to cause an explosion. Cobwebs and dust prevent a good draught and soft coal smoke fills up still more.

White paper should not be used for wrapping around articles that are to be put away, for the chloride of lime in the paper will destroy the color of the fabric. YELLOWISH OR BLUE PAPER is far the best for the purpose.

A lump of camphor in the chest where SILVER is kept will keep it from tarnishing.

When replacing STOPPERS in bottles give them a twist around and they will never stick.

A lump of sugar put in the TEAPOT, will prevent tea staining damask, on which it may be spilled.

HOT LIQUID may be poured with safety into any glass vessel by holding it up in the hand, and not allowing it to rest on a table.

NEWSPAPER laid smoothly inside dresses folded for packing will prevent CREASES.

A strong scrubbing brush nailed upside down at back steps will encourage delivery coolies and chit coolies to leave the mud outside.

If you do not continue using ice, have a wirescreem door to replace the ordinary one and use the ice box for a FOOD SAFE.

A GOOD DUSTING POWDER can be made of

6 parts starch powder

1 part oxide of zinc powder

2 parts boracic acid powder

Home Made Water Cooler

A tall Chinese kang, 20 inches high, 10 inches in diameter across the top, with a cover.

A rubber cork, $1\frac{1}{4}$ inches in diameter.

One small metal faucet.

The man who repairs broken dishes, drills a hole near the bottom of the kang, the hole being of such a size that the rubber cork will fit tight.

Make a hole in the rubber cork for the insertion of the faucet. This must be water tight.

Boiled water for drinking purposes, is poured in the kang, to cool. Fill the bottles at the faucet, thus avoiding dipping utensils into the clean boiled water.

Library Paste

Wet a cupful of flour with cold water until you can stir it easily. Add this, a teaspoonful at a time, to a generous pint of boiling water, stirring all the time. Should it thicken too much add more boiling water. Boil for 10 minutes. Take off and beat in 1 teaspoonful carbolic acid. When cold put in a wide mouthed bottle. If the smell of carbolic is disliked use instead 1 teaspoonful salicylic acid and 10 drops oil of cinnamon.

Cheap Handwork Paste

1 heaping tablespoonful ground rice

1 small teaspoonful alum

3 or 4 drops oil of cloves

Mix to a thin cream with cold water. Add $1\frac{1}{2}$ teacupfuls of boiling water, stirring well all the time. Boil for 5 minutes still stirring. Add oil of cloves—stir well—warm a bottle and pour in the paste.

TO DRAW THREADS IN LINEN Brush over place where threads are to be drawn with a good lather of soap and water, using a shaving or other soft brush. Let it dry and they will pull quite easily.

TO KEEP WHITE SILK A GOOD COLOR.—A drop of methylated spirit in the final rinsing water will preserve the shine, and if a drop or two of ordinary ink is added to the water, instead of blue, the garment will keep the color of new silk.

REMEDY FOR SCORCH MARKS—When ironing white silk a scorch mark can be instantly removed by putting a drop of peroxide of hydrogen on the spot, and passing the iron over it.

Instead of throwing away old jumpers of knitted material, pull-over jerseys or cardigan jackets save them to cut down into BATHING SUITS for the younger children.

When the CHILDRENS SHOES are growing too small and need repairing they can be enlarged and made to last 6 months and even a year longer in the case of children who are not hard on foot wear.

This is done by getting the shoe-maker to put on a new and larger toe-cap and longer sole or half sole than before; this of course should only be done in the case of shoes which were wide and roomy to begin with. Chinese shoemakers can even stretch crepe soles, fitting on an extra piece to the under sole of leather in order to lengthen a shoe.

In the case of small shoes for children about 4 or 5 years old the cost of such alteration is rather less than $\frac{1}{2}$ the cost of a new pair of shoes.

In large sizes which are almost the same as a man's shoe the alteration only costs about \$2.50 whereas a man's shoes of good leather in that size would cost \$9.50.

In CUTTING CLOTH ON THE BIAS for folds or bands use a small cord string, first dipped in powdered chalk. Hold tightly on the material to be cut and snap gently. The chalk makes an excellent line on which to cut.

Common camel's wool, washed very clean in hot soap suds, Dried, then combed out with old fashioned "cards"—makes a soft very warm, light weight FILLING FOR WINTER COMFORTABLES.

If gum or glue is brushed over the back of a SHOE BUCKLE OR ORNAMENT, the stones remain in for a long time.

TO DRESS A SHELTON WOOL SHAWL after knitting wash first in lukewarm Lux or or Fab, rinse, also in lukewarm water squeezing in a large bath towel.

Previously prepare water for rinsing, in which Seccotine has been thoroughly dissolved, the proportions being 1 teaspoonful Seccotine to 1 pint lukewarm water.

Squeeze in towel, spread out flat on large sheet stretching to correct shape well pinning out all pointed edges.

For A GOOD SILVER POLISH use a little peroxide on a flannel, then rub on a little soap, and polish with a soft cloth. This is an easy method, and one that will keep silver clean much longer than most polishes.

TO CLEAN OIL PAINTINGS rub with $\frac{1}{2}$ a raw potato and polish with an old silk handkerchief.

TO CLEAN RUGS, beat well-or use a vacuum cleaner if you have one. Sprinkle with a pail of sawdust mixed with 1 quart of gasoline and brush thoroughly with a clean scrub brush. The rugs will look like new.

To effectively DUST CHINESE CARVED FURNITURE use a soft paint brush. This will dust the cracks and crevices.

Wash BAMBOO with warm water, dry and polish with equal parts of linseed oil and turpentine, applied with flannel.

Polish lacquered BRASS well with chamois leather. Clean brass (not lacquered) with powdered whiting or rottenstone, mixed to paste with sweet oil. To clean tarnished BRASS HOOKS, soak in ammonia, then boil in water in which haricot beans have been cooked. Dry and rub with soft rag.

Sponge CANE AND WICKER CHAIRS with warm salt water, or scour with rag dipped in lemon-juice and salt. Rinse with warm water, and dry with clean cloth, then leave in open air. If cane is loose, thoroly wet with hot water, turn chair upside down, and dry in sun.

Whitish cloudy HEAT STAINS on FURNITURE may be removed by rubbing on a few drops of sweet salad oil and then polishing with spirits of wine on a soft cloth.

My Grandmother's Receipt for Furniture Polish

$\frac{1}{4}$ oz. White wax

1 oz. Bees wax

$\frac{1}{2}$ oz. Castile soap

Cut small and dissolve in $\frac{1}{2}$ pint of turpentine. Stand 24 hours, stirring occasionally, then add $\frac{1}{2}$ pint boiling water. Stir until cold.

Alice M. Payne

Furniture Polish (a)

- | | | |
|--------------------------|---|-------------------------|
| 1 part sweet oil (olive) | } | Shake well before using |
| 2 parts turpentine | | |
| 2 parts vinegar | | |

Furniture Polish (b)

- 1½ oz. White Castile Soap
2½ oz. Wax (the best)
½ pint Turpentine

Cut up the Wax and pour turpentine over to stand all night. Cut up Soap, pour half a pint of boiling water over to stand all night. Then pour all together and beat with a fork till it thickens well.

A very little produces a beautiful polish.

Helps for Large Gatherings

- | | | |
|--------------------|---|--------------------------|
| 1 pound Turkey | } | will serve 2 people |
| 1 „ Chicken | | |
| 1 „ Fresh Ham | | |
| 1 pound Roast Beef | } | will serve 3 or 4 people |
| 1 „ Cured Ham | | |
| 1 „ Lamb | | |
| 1 pound cold Ham | } | will serve 3 or 4 people |
| 1 „ „ Tongue | | |
| 1 „ „ Veal Loaf | | |

1 bushel potatoes	Mashed	} serves 125 to 140 people
1 „ „	Boiled	

1 pound Coffee serves 40 people

2 quarts Milk	} mixed serves 100 people
2 „ Cream	

2 pounds butter, butters 100 rolls

2 pound box loaf sugar (192 pieces) serves 125 to 150 persons

Mrs. H. H. Sergenian

A YEARLY PROGRAM

For Housekeepers

January.

Best month to put the linen closet in perfect order. Repairing, making over and re-stocking.

February.

A time to look over personal and children's wardrobes and freshen by replacing such little things as collars, girdles, etc.

March.

Have its yearly thorough cleaning given to the Sewing machine, and any worn parts replaced. This done is a boon when the rush of Spring sewing comes.

April.

Brush, clean, air, wrap and label each heavy winter garment to pack away for the summer. Wash blankets.

May.

A good month for big cleaning of the store room, as well as replacing the double windows and storm doors of winter with the screens of summer. The latter first to have a coat of screen paint.

June.

Make strawberry preserves and bleach linen and white garments. It takes both sun and rain.

July.

Cool the house by opening all windows and other ventilators in early a.m. and closing about eight and until heat of the sun is gone.

August.

Make all sorts of changes in the Menu to help the appetites. Serve as many chilled dishes as possible. More fruit and less cereal for breakfast. Out of doors meals also help, especially with children.

September.

Schools are beginning and adults have time to plan for the winter work and recreation, reading etc. Even Christmas presents, some of which have been worked on during the summer can be finished and wrapped, and lists made of others to be bought or contrived.

October

House and furniture repairs this month and replenishing in all lines. Also putting aside all unwanted things for rummage sales unless this has been done in September. Also disinfect the whole house against roaches and moths.

November.

Make Christmas puddings and fruit cake for the family and small ones for presents, as well as mince meat. Post your homeland gifts early in this month.

December.

This month is so largely given up to "Christmas Holidays" and the home coming of the school children or older young folks that it is apt to be crowded. If plans were made early much is now ready. Continue this good start by selecting and addressing Christmas cards even days before they need be posted. Then wrap even the home gifts and take time for the personal messages with them. Candies can be made early this month and kept in a cool place.

REMOVAL OF STAINS.

"At ounce of motherwit is worth a pound of learning"

<i>Character of Stain</i>	<i>Reagent</i>	<i>Method of removal</i>
BLOOD	Cold water with ivory soap, with cold raw starch	Wash in soap and water and cover with a paste of starch and water.
CANDLE, WAX	Blotting paper and warm iron	Place paper on spot and rub with hot iron, changing paper often.
CHOCOLATE	Borax with cold and boiling water	Sprinkle the stain with borax. Soak in cold water. Use boiling water as for coffee.
COFFEE, FRUIT	Boiling water (Camphor for acid stain from fruit)	Pour from a height with force. Peach and pear need frost. Put camphor on before washing it.
CREAM, MILK	Cold water	Wash while fresh. (applies to any stain, but particularly milk and cream)
GRASS STAIN,	Naphtha soap and warm water or buttermilk	Wash in soap and water, apply ammonia and cold water at once. Soak in buttermilk, wash and hang in sun to dry.
INK	Milk, sweet or sour, salt and lemon, water and chloride of lime, ongaline.	Soak in milk or in salt and lemon juice.
IRON RUST	Lemon juice, ongaline, or oxalic acid.	Spread a cloth over a bowl containing 1 quart warm water and 1 teaspoon borax. Apply acid drop by drop until stain lightens, then dip in water in bowl, or dampen with cold water, salt and lemon juice. Spread in sun and keep moist with lemon.
MEAT JUICE	Cold water and soap	Wash first in cold water, then in soap and cold water.
MEDICINE OR PERFUME STAINS	Alcohol	Soak in alcohol.

<i>Character of Stain</i>	<i>Reagent</i>	<i>Method of removal</i>
MILDEW	Lemon juice and sunshine or a paste of soap, lemon, starch and salt.	Cover with lemon juice and put in sunshine. Make a paste of soft soap, juice of 1 lemon, 1 tablespoonful powdered starch, salt, let remain on spot 48 hours, spread on grass during treatment. Make second application if necessary or soak in solution of one tablespoon chloride of lime in four quarts of water till mildew disappears. Rinse several times in clear water. For unwashable clothes, rub the spots with alcohol.
PAINT	Benzine or Turpentine.	Rub stain with either. Rub stain while fresh on wrong side of garment.
SCORCH	Sunlight	Do not have to wet it. The quicker it is treated the better. For white silk, put a drop of peroxide of hydrogen on the spot and pass the iron over it.
TEA	Glycerine and boiling water.	Spread stained part over bowl. Pour on glycerine, then boiling water.
WHEEL GREASE STREET OIL	Lard and boiling water.	Rub lard well into grease spot. Pour boiling water over the spot to remove grease. Then wash in very hot water.
FRESH WINE STAINS	Yellow laundry soap and pulverized starch.	Wet the stain with strong suds made of hard, yellow laundry soap. Then coat the stain very thickly with pulverized starch and lay it in the sun. After one good sun-bath of two hours or so, the stain should disappear. If it remains, repeat the process.
	Or use salt and boiling water or salt & boiling milk.	Cover as soon as possible with a thick layer of salt. Then treat as for coffee stains.

After using Acids, always wash cloth out in ammonia or borax water.

LIST OF FOODSTUFFS

ENGLISH NAME	CHINESE NAME	
A		
Almonds - - - -	杏仁	Hsing Ren
Apples - - - -	蘋果	Ping Kuo
Applesauce - - - -	蘋果醬	Ping Kuo Chiang
B		
Bacon - - - -	鹹豬肉	Hsien Chu Roe
Baking powder - - - -	發粉	Fa Fen
Bamboo shoots - - - -	竹筍	Chu Sun
Bananas - - - -	香蕉	Hsiang Chiao
Barley - - - -	大麥	Ta Mai
Beans pink - - - -	紅豆	Hung Doh
Beans butter - - - -	豆膏	Doe Kao
Beansauce - - - -	醬油	Chiang You
Beansprouts - - - -	豆芽菜	Doe Yia Tsai
Beef - - - -	牛肉	New Roe
Beef extract - - - -	牛肉精	New Roe Ching
Beefsteak - - - -	牛肉排	New Roe Pai
Beets - - - -	紅菜頭	Hung Tsai Tou
Bones - - - -	骨頭	Ku Tou
Brandy - - - -	栢蘭地	Be Lan Di
Breadcrumbs - - - -	包碎	Bao Süi
Butter - - - -	牛油	New You

ENGLISH NAME	CHINESE NAME	
C		
Carmine - - - -	金魚紅	Ching Yü Hung
Celery - - - -	芹菜	Ch'in Tsai
Cherries - - - -	櫻桃	Ying Tao
Chicken - - - -	雞	Chi
Chocolate - - - -	雀各列	Chueh Ke Lieh
Cinnamon - - - -	桂皮紛	Kuei Pi Fen
Citric acid - - - -	檸檬樹皮	Yen Shu Suan
Citron - - - -	檸檬樹	Yen Shu
Cloves - - - -	丁香	Ting Hsiang
Cocoa - - - -	哥哥	Ke Ke
Cocoanut - - - -	檳榔	Ping Long
Coffee - - - -	咖啡	Chia Fai
Cornmeal - - - -	玉黍粉	Yü Shu Fen
Cornstarch - - - -	玉黍澱粉	Yü Shu T'ien Fen
Crackers - - - -	鹹餅干	Hsien Ping Gan
Cream of tartar - - - -	酒石粉	Chiu Shih Fen
Cream sour - - - -	酸牛奶	Suan Niu Nai
Crisco - - - -	菜油	Tsai You
Cucumber - - - -	黃瓜	Huang Guoa
Currants - - - -	葡萄乾	Pu Tao Kan
D		
Dates Chinese - - - -	中國棗	Chung Kuo Tzao
Dates honey - - - -	蜜棗	Mi Tzao
E		
Eggs whites - - - -	雞子白	Ke Tze Pai
Egg yolks - - - -	雞子黃	Ke Tze Huang
Eggplant - - - -	茄	Ch'ieh Tze

ENGLISH NAME	CHINESE NAME	
F		
Figs - - - - -	無花菓	Wu Hua Kuo
Fish - - - - -	魚	Yü
Flour - - - - -	麵粉	Men Fen
Flour Graham whole Wheat	麩子麵	Fu Tze Men
Flour rice - - - - -	米粉	Mi Fen
Flour rye - - - - -	小麥粉	Hsiao Mai Fen
Flour white - - - - -	白麵粉	Pal Men Fen
French dressing - - - - -	法國醬油	Fa Kuo You Chiang
Froglegs - - - - -	田雞腿	T'ien Chi Tüel
Fruit - - - - -	水果	Süi Kuo
Fruit red - - - - -	柚橙	Shan 'Isa
Fruit juice - - - - -	水果汁	Süi Kuo Chih
G		
Garlic - - - - -	蒜	Suan
Gelatine - - - - -	洋菜	Yang Tsai
Ginger - - - - -	生薑	Sheng Chiang
Goose - - - - -	鵝	Nuo
Grapes - - - - -	葡萄	Pu Tao
Grape fruit - - - - -	洋柚子	Yang You Tze
Grape juice - - - - -	葡萄汁	Pu Tao Chih
Gravy - - - - -	肉汁	Roe Chih
H		
Ham - - - - -	火腿	Huo Tüel
Haricots - - - - -	腰子豆	Yao Tzu Tou
Herbs - - - - -	香草	Hsiang Tsao
Honey - - - - -	蜜	Mi
Horseradish - - - - -	馬蘿蔔	Ma Lo Fu

ENGLISH NAME	CHINESE NAME	
J		
Jam - - - - -	糖 醬	Tang Chiang
Jelly - - - - -	凝 凍	Ning Tung
K		
Kaoling wine - - -	高 梁 酒	Kao Liang Chiu
L		
Lamb - - - - -	小 羊 肉	Hsiao Yang Roe
Lard - - - - -	豬 油	Chu You
Leeks - - - - -	韭 菜	Chiu Tsai
Lemon - - - - -	檸 檬	Ning Meng
Lemon essence - - -	檸 檬 汁	Ning Meng Chih
Lemon peel - - - -	檸 檬 皮	Ning Meng Pi
Lemon juice - - - -	檸 檬 水	Ning Meng Sui
Lettuce - - - - -	生 菜	Sheng Tsai
Liver - - - - -	肝	Kan
Lotus roots - - - -	藕	Noe
Lotus seeds - - - -	蓮 子	Lien Tze
M		
Mace - - - - -	茴 香	Hü Hsiang
Mandarin oranges - -	干 橘	Kan Chu
Meat - - - - -	肉	Roe
Milk - - - - -	牛 奶	New Nai
Milk butter - - - -	牛 乳 油	New Ru You
Milk sour - - - - -	酸 牛 奶	Suan New Nai
Milk sweet - - - - -	鮮 牛 奶	Hsien New Nai
Molasses - - - - -	麥 糖 膏	Mai Tang Kao

ENGLISH NAME	CHINESE NAME	
Mushrooms - - - -	蕨 菇	Ma Ku
Mustard - - - -	芥 菜 粉	Chieh Tsai Fen
Mustard dry - - - -	乾 芥 菜	Kan Chieh Tsai
Mustard seed - - - -	芥 菜 子	Chieh Tsai Tzu
N		
Noodles - - - -	乾 麵	Kan Men
Nuts - - - -	硬 殼 果	Ying Ch'iao Kuo
Nutmeg - - - -	豆 寇	Doe Kou
O		
Oats - - - -		Mai
Oatflakes - - - -	麥 片	Mai Pien
Oatmeal - - - -	麥 皮	Mai P'i
Olives - - - -	橄 欖	Kan Lan
Olive oil - - - -	橄 欖 油	Kan Lan You
Onions - - - -	洋 蔥	Yang Ts'ung
Onions Spanish - - - -	西 班 牙 蔥	Hsi Ban Ya Ts'ung
Oranges - - - -	橘 子	Chu Tzu
Orange essence - - - -	橘 子 汁	Chu Tzu Chih
Orange peel - - - -	橘 子 皮	Chu Tzu P'i
P		
Parseley - - - -	荷 蘭 芹	Ho Lan Ch'in
Peaches - - - -	桃	Tao
Peanuts - - - -	花 生	Hua Sheng
Peanut butter - - - -	花 生 醬	Hua Sheng Chiang
Peanut oil - - - -	花 生 油	Hua Sheng You
Pears - - - -	梨	Li
Peas - - - -	豌 豆	Wan Doe
Pepper black - - - -	黑 欄 椒 粉	Hai Hu Chiao Fen

ENGLISH NAME				CHINESE NAME	
Pepper cayenne	-	-	-	紅胡椒粉	Hung Hu Chiao Fen
Pepper white	-	-	-	白胡椒粉	Pai Hu Chiao Fen
Peppers green	-	-	-	綠胡椒	Lu Hu Chiao
Peppers red	-	-	-	紅胡椒	Hung Hu Chiao
Peppercorns	-	-	-	胡椒子	Hu Chiao Tze
Persimmons	-	-	-	柿 子	Shih Tze
Pickle	-	-	-	酸 糖	Suan Tsai
Pigeons	-	-	-	鴿 子	Ko Tze
Pineapple	-	-	-	波 羅	Po Luo
Plum	-	-	-	李 子	Li Tze
Pork	-	-	-	猪 肉	Chu Roe
Pork fat	-	-	-	猪 油	Chu You
Pork liver	-	-	-	猪 肝	Chu Kan
Pork salt	-	-	-	鹹猪肉	Hsien Chu Roe
Potatoes	-	-	-	洋 薯	Yang Shu
Potatoes sweet	-	-	-	紅 薯	Hung Shu
Prunes	-	-	-	洋 烏 梅	Yang Wu Mai
Q					
Quince	-	-	-	木 瓜	Moo Kua
R					
Raisins	-	-	-	葡 萄 乾	Puo Tao Kan
Raspberry	-	-	-	覆 盆 子	Fu Pen Tze
Rice	-	-	-	米	Mi
Rusks	-	-	-	麵 包	Men Pao

Sage
Sago
Sago
Salad
Salmon
Salt
Sesam
Sherry
Soy
Spinach
Stock
Strawberry
Suet
Sugar
Sugar,
Sugar,
Syrup

Tapioca
Tartar
Tartar
Tomato
Tomato
Tomato
Treacle
Turnips
Tea

ENGLISH NAME	CHINESE NAME	
S		
Sage - - - - -	紫 蘇	Tze Su
Sago - - - - -	西 米	Hsi Mi
Sago flour - - - - -	西 米 粉	Hsi Mi Fen
Salad oil - - - - -	生 菜 油	Sheng Tsai You
Salmon - - - - -	沙 門 魚	Sa Men Yü
Salt - - - - -	鹽	Yen
Sesamin wine - - - - -	芝 麻 酒	Tze Ma Chiu
Sherry - - - - -	血 利 洋 酒	Hsueh Li Yang Chiu
Soy - - - - -	醬 油	Chiang You
Spinach - - - - -	蒲 菜	Po Tsai
Stock - - - - -	上 湯	Shang Tang
Strawberry - - - - -	洋 梅	Yang Mei
Suet - - - - -	牛 油	New You
Sugar brown - - - - -	黃 糖	Huang Tang
Sugar, powdered - - - - -	糖 粉	Tang Fen
Sugar, white - - - - -	白 糖	Bai Tang
Syrup - - - - -	冰 糖	Bing Tang
T		
Tapioca - - - - -	西 米	Hsi Mi
Tartar acid - - - - -	酒 石 酸	Chiu Shih Suan
Tartar cream - - - - -	酒 石 粉	Chiu Shih Fen
Tomato red - - - - -	紅 洋 茄 子	Hung Yang Ch'ieh Tze
Tomato green - - - - -	青 洋 茄 子	Ching Yang Ch'ieh Tze
Tomato catsup - - - - -	洋 茄 子 醬	Yang Ch'ieh Tzu Chiang
Treacle - - - - -	糖 糕	Tang Kao
Turnips - - - - -	蘿 蔔	Lo Pu
Tea - - - - -	茶	Ch'a

ENGLISH NAME	CHINESE NAME	
V		
Vanila - - - -	香 蕉 汁	Hsiang Chiao Chih
Veal - - - -	小 牛 肉	Hsiao Niu Roe
Vinegar - - - -	醋	Ts'u
W		
Walnut - - - -	核 桃	Ho Tao
Water - - - -	水	Shuei
Waterchestnuts - -	荸 薺	Bi Ch'i
Worcestershire sauce -	洋 青 醬	Yang Ching Chiang
Y		
Yeast - - - -	酵, 發 麵 粉	Chiao, Fa Men Fen

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